



#### HIGHLIGHTS:

#### GET MOVING! DURING HEALTHY COUNTIES MONTH!

- **Schedule of events includes a blood drive at Newport High School**

#### MARK YOUR CALENDAR

- **RCC MEETINGS will be held on the 3rd Thursday of each month.**

# PULSE of the Region

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**PULSE is a publication of the Greater Sullivan County Public Health Network, serving 15 municipalities in Merrimack and Sullivan counties. View us on the web at [www.sullivancounty.gov/publichealth](http://www.sullivancounty.gov/publichealth)**

## APRIL IS HEALTHY COUNTIES MONTH

Article by Jennifer Goodell

Sullivan County: The month of April offers many opportunities for wellness awareness, as Sullivan County celebrates National County Government Month with this year's theme, Healthy Counties. The Greater Sullivan County Public Health Network and Sullivan County are sponsoring several classes and events during the month of April so that you can kick it into gear and get focused on your health! Topics include nutrition, walking for your health, diabetes awareness, blood pressure, blood sugar, and smoking cessation. Most of these events will be free of charge, courtesy of local health partners including Valley Regional Hospital (VRH) and Connecticut Valley Home Care and Hospice (CVHC). Ann Merritt of Valley Regional Hospital will teach a nutrition class on April 6 and 13th (6 pm) at Sullivan County Healthcare. Valley Regional Hospi-



tal will offer the opportunity for smoking cessation classes if enough interest can be generated. Also during the month, employees of Sullivan County will be invited to participate in a walking challenge. The employees will be issued pedometers and a walking log to be eligible for prizes including a three-month gym membership to Vital Signs Fitness, donated by VRH. The County encourages all citizens to walk with us; 10,000 steps a day are recommended for a healthy lifestyle. Other April events include blood pressure clinics offered throughout

the region thanks to the staff of CVHC, and an American Red Cross blood drive will be hosted at Newport High School on April 27th. For more information on signing up for events during Healthy Counties Month, please call Jessica at 603-398-2222, or view our web site. There is also a recorded message of the events calendar at 504-1000.

Spread the word: If you work in the public health sector and would like to open your business to the public during April, via discounted services or open houses, call the PHN at 398-2222 for help spreading the word.

## MAY is Lyme Disease Awareness Month

There is a lot going on these next few months! May is Lyme Disease Awareness Month. There are presently more cases of Lyme Disease in the US than AIDS cases. Chronic Lyme Dis-

ease can be present in many different forms.

Find out more about Lyme Disease on **Wednesday May 26, 2010 at 7:00 PM the Tracy Memorial Library** in New

London. Donald Bent, Ph.D., Health Officer of the town of New London, will present a special showing of the video, **Under Our Skin**, followed by a question and answer period.

Install your generator properly, and know how to use it **BEFORE** the lights go out.

Check our web site for Generator Safety information.

## SEEKING YOUR CONTRIBUTIONS

Don't forget to check the website for **CALENDAR** of upcoming events and meetings !



[www.sullivancountynh.gov/publichealth](http://www.sullivancountynh.gov/publichealth)

# Generate a safe home during power outages

Article by Jessica McAuliff—adapted from NH Carbon Monoxide Workgroup publication, NHDOS, *Ideas for a Cleaner Environment*, December 2009.

Many of us were affected by the snow and wind storm this February. How long was your power out? Perhaps this event convinced you to purchase a generator. A great back up source, but if not properly installed, vented and operated, the risk of your family experiencing a deadly carbon monoxide (CO) poisoning in the home is very real. Carbon monoxide is odorless. Every year in the US, 40,000 people seek medical attention and 2,500 deaths are reported due to CO poisoning.

**In New Hampshire the #1 leading cause of CO poisoning is due to improper use or placement of generators.** In the December 2008 Ice Storm alone, there were 70 CO emergencies and 4 related deaths reported to the NH Department of Health and Human Services. This need not happen. Here is what you can do:

**Don't wait! Install Carbon Monoxide Detectors in your home today.**

**Recognize the Symptoms:** Symptoms of CO poisoning include dizziness, headaches, blurry vision, chest pain, confusion, nausea. Get help immediately!

**Install your generator properly, and know how to use it**

**before the lights go out!** The generator should be at least 10 feet from any structure with exhaust facing away from any building openings. Never place it in the home or garage! This could cause severe injury or death.

The NH Division of Fire Safety has practical information on generator safety, available through [www.nh.gov/safety/divisions/firesafety](http://www.nh.gov/safety/divisions/firesafety).

In 2008 alone, New Hampshire fire officials reported that 30 people lost their lives in fires or CO events—the highest in over 30 years. Let's reduce this number to zero.

**Generate a safe home** and ride out the next storm with peace of mind.

## Your Contributions, Please

### We need your public health news!

What's going on in your municipality? Submit your contribution to our new newsletter, "PULSE of The Region"!

We can't keep this up without your input.

### Feedback, Feedback!

How do you like the newsletter? Please let us know.

[phn@sullivancountynh.gov](mailto:phn@sullivancountynh.gov)

### Corrections?

If an error appears we will gladly make a correction.

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## MARK YOUR CALENDARS!

**APRIL IS HEALTHY COUNTIES MONTH!** See event schedule at [www.sullivancountynh.gov/publichealth](http://www.sullivancountynh.gov/publichealth)

### REGIONAL COORDINATION COMMITTEE MEETINGS:

Mar 18, Apr 15 9-11 am 14 Main Street Newport

**MEDICAL RESERVE CORPS ORIENTATION:** Thurs April 1, 6-8:30 Ahern Bldg, Unity